# WOMAN'S HERALD

MARY MARSHALL, Editor.

WASHINGTON HERALD.

EFCorrespondence is invited. Address all communications to the Woman's Editor of The Washington Herald.

PRIDAY MAY 7, 1915.

#### Who Is Zelia Nuttall?

If anyone named the three most noted men in the country and you were unable to recognize the name of one of them you would be somewhat surprised. wouldn't you? Yet ever since the San Francisco Exposition committee that had the selection of the three most noted American women in hand named Zelia Nuttall as one of the winners, women have been asking each other who she is. Every one knows the other two winners-Jane Addams, who is now in Europe as chairman of the Women's Peace Congress at the Hague, and Katherine Davis, whose prison reform work in New York is almost as well known as is Miss Addams' social betterment work in Chicago. But this third winner puzzles us. There are dozens, even hundreds of women more generally known than is Miss Nuttall. Dr. Anna Shaw, Helen Keller, Mrs. William Cummings Storer, Mrs. Percy V. Pennybacker, Maude Adams, Charlotte Perkins Gillman, Ella Flagg Young, Anne Morgan-or even the far-famed Mary Pickford-all these names are better known than Miss Nuttall's.

We even have to go to the "Who's Who" to find out that she was born in San Francisco, and that her fame rests on her archaeological work in Mexico, where she made many important discoveries, especially in picture writing for the Peabody Museum at Harvard: that she belongs to half a dozen scientific so cieties whose membership is confined to the most learned, and that she is a woman of really profound intellectual attainments.

By a popular vote Miss Nuttail would not have been selected as one of the three. But by the well-qualified committee which did make the choice Miss Nuttall stood out as the most remarkable of all American women of purely intellectual attainments.

Miss Addams' genius is of another sort. She is the sociologist, the philanthropist, the statesman. To those who have watched the work of Miss Katherine Davis it is apparent that she is above al else the student of human nature, the friend of humanity, the woman who understands more than any other woman in the country the problems of the individual offender rather than the problems of society as a whole. And to round our the group the judges out in San Fran cisco have chosen a woman of entirely different type and attainments from either of these. Miss Nuttall came from the Far West, and it was but fitting that while one of the candidates came from the Middle West and another from the East, that the third should come from the Pacific Coast.

## Can You Make a Milk Shake.

A food drink of real nutritive value and tempting appearance and taste is the wellmade milk shake. It is a lunch in itself for a warm summer's day and is siway: a satisfying heverage for one who is nungry and tired.

The home-made milk shake is just as good as the one made by the very best confectioner, if it is properly made. To begin with, if you would be a past master in the art of shake-making, you must possess yourself of a shaker. One of nickel plate that is strong enough to stand hard shaking, made with a screw cover and a little spout through which the shake can be poured into a glas-costs about \$2. The spout is covered with a small tip which can be screwed; unscrewed, and this is fastened to top by a short chain which keeps it from being easily lost. Shakers for less than a dollar can also be bought and they are quite as satisfactory for making a

For an egg milk shake, break an egg into the shaker, add flavoring and sweetening, half fill the shaker with rich milk and shake vigorously, in both hands, for three of four minutes. Pour it into a glass and fill it with milk. If a plain milk shake is wanted, put flavoring, sweetening and milk in the shaker and shake them together by holding one hand over the top, the other over the bottom of the shaker, and shaking vigorously

If vanilla or some other flavoring ex-ract is used, sweetening, either in the form of granulated sugar or a sweet syrup made by melting sugar over the oven, but as oven thermometers are syrup made by melting sugar over the not standardized, even these are not fire in just enough water to hold it in infallible guides. And remember that flavoring syrup is used that is generally ufficiently sweet. Chocolate syrup can be kept on hand

for making milk shakes. To make it mix a third of a cupful of cocoa with two cupfuls of granulated sugar. Gradually add a cupful of boiling water and let the mixture boil for five minutes. When it is cold add a teaspoonful of vanilla and a teaspoonful of very strong coffee. This mixture of flavors pro-duces a delicate taste, but the coffee can be omitted and twice as much sugar

If the milk shake made according to the directions already given proves too heavy, make it with two-thirds milk and one-third apollinarls water, drawn ice

When the King of Rome Cried. Many mothers might take a lesson to heart from the following incident, narrated by one of Napoleon's biograph-

Rome-L'Aiglon, whom Maude Adams
portrayed as a young boy a few years
age-was hardly more than a baby. He
was in charge of a lady of high.

children. She understood the little King drained of water, in a double holler, of Rome as nobody else did, and in return for her affection and kindness he than if heated directly over the flame. one day he began to cry, pettishly and rebelliously, and would not stop.

The lady ordered the windows closed,

## The Latest Paris Hats



Republished by special arrangement with Harper's Bazar.

The hats of the hour in Paris—here they are. Maria Guy, the famous milliner, has selected her latest creations, shown exclusively in Harper's Bazar, and has posed them on the woman of the hour, the beautiful Forzane. Through a veil darkly—a tete de negre tulle curtain—one sees the glorious eyes of Forzane, while the entire flesh-colored straw hat is clouded in a mass of the illusion.

When Maria Guy uses wings as trimming this season, she poses them to give the effect of height rather than of width, just as she has arranged the white wings on

# **HOUSE-**ECONOMY FRANCES CALENDAR MARSHALL

the happening, is hardly to be sym-pathized with. For care and attention can always prevent burning, either in the oven, in the toaster, or over the flame. Of course, the woman who tries to cook and answer the telephone and run upstairs when the baby cries, and rush out to the garden to gather flow ers for the table and answer the cellar door to let in the gas inspector and then run to the front door to greet brown, of if the double boiler burns

fry. But remember, no matter how busy you may be that attention will prevent burning always.

To begin with, if you use gas, learn to gauge the heat in some way. An oven thermometer will help with the oven, but as oven thermometers are infallible guides. And remember that a small flame is sufficient to keep any-thing boiling after it has once reached

the boiling point. If you use a coal stove, the dangers of too much heat are not so great. But be watchful Just the same.

Always fill the bottom part of a double botter as full as possible before starting it to boil. Then as soon as it begins to boil, place it over lower beat.

If the heat is too great, the water boils over, and so the boiler is more likely to bury dry. And form the habit—for it is a formable habit—of looking in the boiler every fifteen min-

utes to see how the water stands.

Keep a little dish of water in the This tempers the heat and often prevents scorching and burning.
Unless your oven does not brown
things on the bottom, always cook cake on a thin sheet of asbestos or on raised wire rack. This keeps it from getting burned on the bottom.

Grease cake tins with lard or some other grease rather than butter, which Steam things that burn easily in

only a very little water and therefore migh burn easily you can cook in a was in charge of a lady of high birth, migh burn easily you can could be who acted as his governess. In addition double boiler. Always heat left-over to gentle birth this woman possessed a gravy, that has been thickened, or true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been thorough sympathy for left-over vegetables that have been true love and thorough sympathy for left-over vegetables that have been thorough sympathy for left-o where they are far less likely to burn than if heated directly over the flame.

The lady ordered the windows closed, the curtains drawn and the candles lighted.

The child looked on in wonder.

"What are you doing?" he finally asked.

"I am closing the windows so that their little Prince cries." said the lady.

The little Prince cries." said the lady.

The little Prince ran to her impulaively. "A thousand pardons, madame, he said, in the formal words in which he had been taught. And he forthwith stopped crying.

His governess understood that an appeal to a child's sense of honor will have more effect than all the scolding in the world.

Fern Gardens.

With blouse of fine lace net are combined a diminutive bolero and Empire flare skirt of wool faille to form this smart walking costume. The frock results from a could be more to the purpose than to pluck up a cluster or two of those ingratiating little ferns and tuck them into the basket where lately the sand-wiches were? What to do with them when one is home again is seldom a matter of foresight, but perhaps they can be worked in at the angle of the back porch or snuggled into a corner of the old-fashioned flower.

Sizes, 28 to 544 inch bust, and 14 to 28 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 22 to 36-inch waist. Price, 16 cents. Skirt No. 6189. Sizes, 36 to 41-inch bust, and 14 to 29 cents. Skirt No. 6189. Sizes, 36 to 41-inch bust, and 14 to 29 cents. Skirt No. 6189. Sizes, 36 to 41-inch bust, and 14 to 29 cents. Skirt No. 6189. Sizes, 36 to 41-inch bust, and 14 to 29 cents. Skirt No. 6189. Sizes

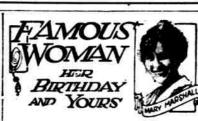
border. And perhaps they succeed.
That is the only surprising incident in the program, but it does sometimes occur. Then perhaps come other trips to the ferny woods, deliberately planned to add new plants or species to the collection. Only it must be expected that this transcript that the collection of the collection pected that this unsystematic collecting will not yield a large percentage of successes, some species are easy to transplant, but others are as finical

as one could expect.

These transplanted plants should not be firmly pressed down in hard

## TODAY'S FASHION NOTE.





May 7-Jane Gerard-Varina Davis.

The careless cook who allows something she has prepared to burn to a crisp, and then blames her luck for the liappening, is hardly to be and leave them there. The author of "Beggar My Neighbor," by her father, where she became the intimate friend of the Princess Marguerite, afterwards the wife of Don Carlos. Her education was completed with three years spent in a convent and then she was married to a member of the old Polish aristocracy, an officer in the Austrian army, becoming Mme. de Laskowska. This was when she was twenty years of age, and after that she traveled much with her husband in various Euro-pean countries. Her writing was un-dertaken in an effort to record the experiences she had had in these travels, putting them into fiction rather than into the usual travel form of writing. Her style was graceful, and she made the foreign settings of her novels very efective, but there was a lack of power

in her characterization.

Varina Davis, the wife of Jefferson
Davis, president of the Confederacy, was also born on May 7. (Copyright, 1915.)

No Breakfast and a Good Complexion.

At a summer camp in the mountains Dress Your Character, last year there was a young woman whose color and complexion were the envy and admiration of every one. She never appeared until about 10 o'clock. is the advice of a famous actress—and when the other campers, after a leisure

an egg and an orange. Instead of eating breakfast in the usual way she ate an egg soft boiled over a spirit lamp But an instinctive carrying out of this Should Be Do



idle, as applied to the possessor of vast

misnomer; it is almost impossible for the possessor of vast wealth to be idle.

In America we rarely hear the expression "leisure class." Practically we have no leisure class. The leisure class is the product of a civilization in which one group of men was relieved from industrial strife to be called on for war, for government, for the church, or whatever was supposed to represent higher pursuits.

This is an industrial nation. Our big fortunes have been built up from industry, not from conquest. The descendants the strip of the strip to the simply frivality, dissipation, arrogance, and dishonesty.

Just from the fact that an individual must work for low wages continuously, or the fact that woman must do her own housework, does not signify necessarily that this class is any better morally, or are doing any more for the human race thin is the woman who is relieved of this sort of drudgery.

The good in the world does not depend upon any class or distinction. There are

This is an industrial nation. Our big fortunes have been built up from industry, not from conquest. The descendants of the "captains of industry" to the third and fourth generations appreciate this fact; with their fortunes they have inherited a knowledge of responsibility toward the source of them; that is, the community

Whether we believe the present industrial system to be a right one or not, we should be just to those who have profited by it. There are few, very few, drones in the rank. This is as true of the women. is of the men.
It often occurs today that very large

fortunes are left to the widow to be used in philanthropic and social work as she sees it. It is not sentiment that inspires a man to make such a will. It is the certainty that the woman, through years of hard training, knowledge gained by experience and labor, is fit to carry on

In few instances do the wives of very rich men lead idle lives, devoted to pleas-ure. They are generally serving as the backbone of hospital committees, organure. They are generally serving as the backbone of hospital committees, organizing educational reform, studying and supporting social questions, fighting the liquor and vice element, and prombine

good citizenship. I am thinking, as I write, of one over-There are two trained nurses number of trained social workers. taking dictation, demanding information, advice, orders. For years this woman devoted not only her large fortune. but her time and intelligence, to bettering humanity. Without her sound judgment. er trained intelligence, her experience, a pulmotor is used for?" her wise directions, many of the social and educational movements in which she the

taken on themselves no work or labor for the community. These are the women

## TOMORROW'S MENU.

"If I kan hav all the salt makrell want for breakfasst I kan manage to make the other two meals out of cold water. Yes."—JOSH BILLINGS.

> BREAKFAST. Raked Apples oiled Salt Mackerel Fried Potatoes is Coffee.

LUNCHEON OR SUPPER. Potato Chips d Apple Sauce Gingerbread

Cream of Asparagus Soup
Baked Shad
Boiled Potatoes
Stuffed Green Peppers
Apple Saind
Strawberries and Citron Cake.

Boiled salt mackerel-To freshen salt mackerel thoroughly, put the dish con-taining it under the faucet and let a tiny stream of water run over it all night.

Canned salmon molds-Chop the contents of a large can of salmon and add four teaspoonfuls of lemon juice, salt and pepper to taste, a tablespoonful of melted butter, half a cupful of bread crumbs, and two on three eggs, beaten well, and two on three eggs, beaten wen, russed into custard cups, filling them about three-quarters full. Set in a pan of hot water and bake in a moderate oven for thirty minutes. Turn out and serve with the safety and security of certain perturbations of the boundary lines. drawn butter or white sauce, to which a little minced parsley has been added.

chop them in small pieces. Add to wat-ercress, clean and well chilled, and season with celery salt. Serve with mayonnaise or some other salad dressing-that are based on reform principles. The disgrace of a State office-holder

ly breakfast and half an hour or so spent in waiting for the mail, had gathered to receive it on the steps of the lodge where they are and danced together. Then this girl of the lovely complexion would appear, radiane, enthusiastic, fresh-dressed for tennis, golf, tramping, and boating.

The secret of her freshness lay in the steps of the long of the lovely complexion would appear, radiane, enthusiastic, fresh-dressed for tennis, golf, tramping, and boating.

The secret of her freshness lay in the secret of the freshness lay in the secret of the responsibly more marked and the excellence of the idea will appeal to be avoid new enterprises. They are warned to beware of false friends. Women may have serious anxieties.

Children born on this day may have difficulty in amassing wealth. They have the augury of eventful lives.

(Corpright, 1915.)

an egg soft boiled over a spirit lamp and the juice of an orange. She ate this meager, but sustaining breakfast in her room and so was not tempted by the hot breads and cakes, muffins and meat dishes which were served in the camp dining-room. Hence, her lovely complexion. Moreover, she saved much time. She could eat her breakfast slow-like the tempted by the saved much time. She could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes and she could eat her breakfast slow-like ten minutes carrying out of this sheed to the promptings of reason may result in disaster. For example, there is always the woman who weighs 200 pounds or thereabouts, but whose personality is distinctly kittenish.

"To put out window boxes and weighs a well as your neighbor. Don't forget a kitchen window box for chives and parsley."

To put out window box ex weighs a weighs 200 pounds or thereabouts, which were served in the whose personality is distinctly kittenish.

To put out window box ex her character or her figure and the charact

the solution water. In the control of the same of the

THE IDLE RICH. The "idle rich" is a term used far too who fill the beauty shops, the dance teas, The "idle rich" is a term used last the bridge parties.

Unfortunately, there is a class of people Unfortunately, there is a class of people used to the midpoor in this world's goods, or in the midinherited or accumulated fortunes, is a die walks of life, who seemingly regard themselves as morally superior to the possessor of vast wealth to be idle.

upon any class or distinction. There are quite as many idle poor when it comes to the charities of the world, or the good

#### the class. Answers to Correspondents.

deeds of the world, as there are idle rich. This rests with the individual, not with

Miss Cocroft will endeavor to answer all questions relating to her department as promtply as possible. As it will not be practicable to print an answer to every inquiry, a stamped envelope should ac-company each letter. All letters should be addressed to Miss Susanna Cocroft, care of this paper.

#### Fumigation.

W. C. H. asks: "I have a case of typhoid fever in my house. If I burn suiphur in my room after the patient re It is now conceded that sulphur dioxide

supporting social questions, fighting the infectant. Dr. Goldwater, health comiquor and vice element, and preaching missioner of New York City, has so little faith in either that he has ordered the discontinuance of fumigation after dis worked rich woman who has been lying on her back now for three months trying to recover from the effects of a serious to recover from the effects of a serious operation. There are two trained nurses to abandon room disinfection after disin attendance, but hovering about the sick bed are also two private secretaries sick bed are also two private secretaries, measles, and scarlet fever, the destruction of the discharges and constant clean liness throughout the disease being the proper course.

A Pulmotor.

Edith M. writes: "Will you tell me what A pulmotor is an instrument by which lungs are supplied with is interested would go to pieces.

In the same physical conditions, the average poor woman would go to the hospital, the well-to-do woman to a to-date maternity hospitals are equipped nospital, the with a small pulmotor which is a sanitarium or rest cure; but for this with a small pulmotor which is a woman there is no rest. woman there is no rest.

The idle class in America is not made up of the very rich. It is made up of women whose husbands have made enough money to relieve them of all work in the home, but they have inherited no sense of responsibility, have herited no sense of responsibility, have made and the rich and police work or labor for meets.

## HOROSCOPE.

"The stars incline, but do not compel." Friday, May 7, 1915.

This is a day in which Mars gains malefic power. Saturn is in benefic as-

The sway is strong toward certain dangers, especially those that develop from hasty or impetuous action.

Saturn today gives encouragement to agriculturists and all who gain sustenance from the ground. Florists and gardeners, as well as miners, potters and real estate dealers should profit while the configuration lasts.

the configuration lasts.

The aspect favors the attainment of positions of responsibility, but progress due to this influence is said to be slow and Why the Custom Has Grown in a sure.
Organization and constructive skill are

evilly disposed accidents are numerous.

man suffering will sacrifice their lives good from the point of view of the na-during the summer months. Epidemics tion's sobriety. It represents the real are prophesicd, especially those that bring change in habit.

sons living near the Trouble with Mexico is indicated. The moon is in a sign believed to im-port restlessness and discontent. Labor

then the other campers, after a leisure-rather surprising this advice seems at commercial affairs is predicted.

breakfast and half an hour or so first hearing. But think it over well and Persons whose birthdate it is should

Should Be Doing Now Every housekeeper is reminded that

May is the month:
"To put out window boxes and



Fresh Creamery Butter, 1-lb. prints 33c

Pat-a-Cake, makes delicious cake, per package, 15 Cents Especially desirable for mak-

ing strawberry shortcake.

Lard, 12½c

Shredded Wheat Biscuit, per package ......11c Lump Starch, per pound ...... 4c Consumer's Delight Coffee, per pound .......25c Everybody's Combination: 1 No. 3 can Standard Tomatoes, 1 can Pure Fruit Jelly, per glass ..... 9c Texas-Bermuda Onions, quart box ...... 9c Insectine, destroys bugs and insects, per can...... 9c

# These Prices Prevail for Friday and Saturday

LEAGUE OF CONSUMERS' FRIENDS PATRONIZE THE STORE NEAREST YOU.

SOUTHWEST . G. Schmidt.

41/2 and F Sts. t. E. W. Schmidt, 8th and D Sts.

H. T. Gover, 7th and C Sts. NORTHWEST.

A. H. Pittt,

6th and Q 5ts. N. F. Turner 3426 14th St. Columbia Tea and Coffee Co., 1505

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NORTHEAST, J. E. Diggle, 643 H St. Luther F. Hall, 12th and H Sts. M. J. Whelen, 1117 H St.

5th and A Sts.

SOUTHEAST.

H. C. Roberson, 9th & S. Car. 27

R. E. Smith.

Brinkley Brod., 1101 3d St.

G. E. Bohannor 585 4th St.

Brinkley Bros., 923 4th 5t.

J. Kraus & Son, 910 13th St. FREE DELIVERY TO EVERY SECTION OF THE CITY.

supposed to be benefitted by this rule.

Mars gives warning of dissensions and misunderstandings. While the planet is mestic life has been the increase in teadrinking. In 1876 the consumption of tea train or camping trip it may save many painful moments.

The aspect is not a fortunate one for surgeons, physicians and dentists. It is predicted that many who alleviate hu-

quick death.

This is not a favorable rule for soldiers and those who protect life and property.

Arizona is under a rule boding ill for the safety and recursive of contrain part. than in the observance. In many cit-ies tea is the beverage. The clerk, the foreman, the operative, the workthe foreman, the operative, the working woman, all drink tea, greatly to the advantage of health and pocket.

The great increase in the consumption of tea is very largely due to the efforts of British planters in India.

Formerly all tea came from China.

There should be a bottle of slocked.

far from being inevitable concomitants of his existence.

In Darjeeling or Kotagiri he enjoys that sweet half-English air of which the heat sings. In the Terest

which are the enemies of all the watton in the tropics.

The pioneer planters had before them the task of reclaiming those jungle wastes: of replacing their futile extravagance of vegetation by well-ordered gardens; of repopulating wastes tracts, supplementing the

Home-made Emergency Cases.

The first aid cases which are sold in TEA DRINKERS the shops are wonderfully compact in equipment and form and they are not very expensive. A home made case which contains the things most neces-Few Years.

One remarkable feature of English domestic life has been the increase in tead of every household's summer equipment. Carried on automobile, train or camping trip it may save many

come in is at hand, so much the bet-

No matter how small the box it should contain some antiseptic gause carefully protected from dust and contact with other substances. It can be packed in the wrapping in which it is bought or in a sheet of waxed paper. There should also be a small package of absorbent cotton, likewise carefully or some other salad dressing.

The disgrace of a State office-holder of wide fame is prophesied.

An outbreak in one of Hawaiian Islands may foment trouble with Japan.

Character, not your figure, of a famous actress—and ising this advice seems at But think it over well and of the idea will appeal to woman has a certain indice of the idea will appeal to woman has a certain indice of the idea will appeal to woman has a certain indice of the idea will appeal to woman has a certain indice of the idea will appeal to woman has a certain indice of the idea will appeal to woman the personnect. If it is should a word new enterprises. They are warned to beware of false friends. Women may have serious anxieties.

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An outbreak in one of Hawaiian Islands may foment trouble with Japan.

Women in all parts of the world are forewarned of a new era in which they will assume supreme responsibility in poblic affairs is predicted.

But think it over well and the order of the luxurious gentleman of "Tom Cringle's Log" and the romance of Marryat.

His life is one of asidious toil, sweetened by all to brief furiough.

Luxury and extravagance are very far from being inevitable concombate it is once opened, so it should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. These should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. There should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. There should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. There should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. There should be a bottle of alcohol and one of some antiseptic like perox-lide of hydrogen. There should be a bottle of alcohol and one of some antiseptic like of the undidate.

The disgrace of a State office-holder of the luxurious gentleman of "Tom Cringle's Log" and the romance of Marryat.

His life is one of asi acid, in powdered form, in a small pasteboard box or envelope, which can be dissolved in water, is another effi-

bigs that sweet half-English air of which the poet sings. In the Terai, which stretches at the foot of the Himalayas, he has to contend against all the iniquities of a fearful climate. Always and everywhere he is the same cheery and resolute fellow, facing with equinanimity alike the risks of disease, the difficulties inseparable from the management of native labor, and the many plant diseases which are the enemies of all cultivation in the tropics.

acid, in powdered form, in a small pasteboard box or envelope, which can be dissolved in water, is another efficacious antiseptic.

A small jar of vaseline and a bottle of spirits of ammonia or some other stimulant to use in case of faintness or shock should be added to the store. The vaseline is useful in case of cuts or burns or bruises. Boracic acid can also be used to cover the surface of the skin in case of burning and it should be immediately applied to the the skin in case of burning and it should be immediately applied to the